

Mandatory new form for officers

Maj. John Thomas
Air Force Personnel Center public affairs

AIR FORCE PERSONNEL CENTER — Force development becomes tangible for all officers, lieutenant colonel and below, facing assignments next year as they must complete an online Officer Development Plan, replacing the old ‘preference worksheet.’

The ‘transitional ODP’ hits the streets this week, officials say.

Under the Officer Development Plan those up for permanent changes of station in calendar year 2004 will have to fill out the form by logging on to the personnel center’s assignment management system.

It marks the launch of the revamped online assignment preference portion of the new Force Development concept. Filling out the ODP starts the force development review for each officer.

“It’s their way into the process,” said Col. Kathleen Grabowski, chief of assignments programs and procedures at Randolph AFB.

The ODP is then reviewed by the appropriate people in the chain of command and in that officer’s career field, the colonel said. “Ultimately, it’s what the Development Teams will use to validate career goals and recommend the best next type of assignment for each officer.”

And that recommendation will then be used by assignment teams at the personnel center to best match Air Force requirements with each officer’s expressed career goals.

“The bottom line is still Air Force needs,” she said. “That hasn’t changed.”

Filling out the form is similar to accomplishing the old ‘preference worksheet,’ officials say. But there are different blanks to fill in and some new questions to answer that will give career field leaders more of the information they need to put the right person in the right job at the right time, officials say.

Officers will be asked questions about career plans, goals and duty preferences. There is also room for airmen to enter comments they think it’s important for reviewers to know.

The format of the development plan’s online form will be honed further when it drops its ‘transitional’ label and a final ODP is fielded sometime next year, officials said.



Airman Cecilia Rodriguez

Subway opening

Judy Auld, a base exchange supervisor, cleans up at the new Subway in the base exchange foyer. Subway opens Nov. 14 with hours from 10 a.m. to 6:30 p.m. Mondays and Saturdays, 9:30 a.m. to 7:30 p.m. Tuesdays through Fridays and closed Sundays. For more information, call 434-5491.

Enlisted dining-out tradition Nov. 14

Airman Cecilia Rodriguez
Public affairs

All active-duty and retired enlisted members and their guests are invited to the 14th Flying Training Wing Enlisted Dining-Out Nov. 14 at the Columbus Club.

This formal event gives airmen, NCOs and their spouses an opportunity to socialize in an atmosphere of ceremony, tradition and fellowship.

In the 1930s, the late Gen. H. H. “Hap” Arnold sponsored “Wing-Dings,” through which the Air Corps officers and their British colleagues of the Royal Air Force enjoyed close bonds during World War II. These

events added to American involvement in the dining-in custom and parallel modern-day military dinners.

With the increased ratio of officers, it was suggested that the popularity of the dining-in would increase if spouses were allowed to attend. Consequently, the dining-out was formed.

As with any formal event, there is a dress code. All uniforms must show proper placement of ribbons, badges and special uniform items. Nametags will not be worn on either the service coat or mess dress jacket. Any additional information or specifics about uniform requirements can be found

in AFI 36-2903, Dress and Personal Appearance of Air Force Personnel.

Men’s semi-formal uniform items include:

❑ Service coat and trousers, matching in shade and material

❑ White button-down, long-sleeve dress shirt with collar, without design

❑ Belt with silver tip and buckle

❑ Blue herringbone twill tie, blue satin bow tie or black bow tie

❑ Black oxford low quarters and black socks

Men’s mess dress uniform items include:

See ENLISTED, Page 3

NEWS BRIEFS

Flu shots

The 14th Medical Group gives flu shots from 9 to 11 a.m. and 12:30 to 2:30 p.m. Nov. 17, Nov. 19 and Nov. 21, from 8:30 to 10:30 a.m. and 1:30 to 3:30 p.m. Nov. 24 and Nov. 25 at the community activity center. Active duty has priority. For more information, call Ext. 2187.

Playgroup

A mommy and baby playgroup is from 9 to 10 p.m. Wednesdays at the youth center. This playgroup is for pre-walking babies. Babies observe, play and learn from one another. For more information, call 434-5210.

Civilian contributions

Civilian Thrift Savings Plan investors 50 years old or more may make “catch-up” contributions for the calendar year. Contributions can be up to \$2,000 and must be taken from payroll withholding. Visit www.tsp.gov for more information.

Demolition

Demolition funds have been received for State Village and Magnolia Village’s Phase II of the project. The contractor has started constructing a fence around the Mississippi units and are marking the utility lines with flags on all units affected. Please do not cross over the fence line or remove any posted flags. For more information, call Ext. 7963.

People show off recyclables at Recycle Fashion Show

1st Lt. Joseph Coslett
Public Affairs

Local parents and children participate in the Second Recycling Fashion Show 1 p.m. Nov. 15 at Leigh Mall in an effort to increase awareness throughout the local community about the importance of recycling while making it fun.

“When people think of recycling, they think of throwing a plastic bottle in a container and someone collects it from their curbside; we want families to work together and have fun recycling,” said Renee Howell, 14th Flying Training Wing recycling manager and the fashion show coordinator.

Twelve thousand flyers were sent to all city, county and private schools to recruit contestants.

Eligible participants are kindergarten to 12th grade students. Entries must be made from 70 percent recycled material, and parents must accompany contestants under the age of 15.

Outfits are judged on originality, recycled content, visual appeal, complexity of design and overall presen-

tation. Judges for this year’s event includes base and community leaders.

The show is designed to get parents and children involved in recycling, Ms. Howell said. The Leigh Mall center court is an excellent location for the event as it enables the contestants and organizers to showcase their efforts to the entire community.

Children are asked to make a stylish fashion or invention out of recyclable material.

This year’s event hopes to build upon last year’s success by bringing parents and children together to understand the importance of recycling at home.

“Last year we had a wonderful time and all the contestants had great costumes,” Ms. Howell said. “We had one little boy who was a ‘plastic surgeon’ dressed in all plastic.”

“I’m looking forward to the fashion show,” said Carli Hankey, 12, contestant. “It’s one of those things you have fun creating something out of nothing, then showing off your work.”

For more information about the fashion show or how



Kevin Sisson

One more stripe

The 14th Flying Training Wing congratulates the November promotees. Pictured are (from left to right, front to back): to airman: Jessica Williams, 14th Communications Squadron; to airman first class: Boto Best, 14th Flying Training Wing; Tiffany Flanders, 14th CS; Joseph Gray, 14th CS; Joel Johnson, 14th Operations Support Squadron; Latasha Kelly, 14th OSS; Jennifer Potter, 14th OSS; Alfonso Rosales, 14th Medical Operations Support Squadron; to senior airman: Gregory Green, 50th Flying Training Squadron; to airman first class: Joshua Boomgarden, 14th MDOS; to senior airman: Burnell Domino, 50th FTS; Mark Kenner, 14th CS; Brandon Pickard, 14th OSS; Shawna Ortiz, 14th Medical Support Squadron; Ronnie Titus, 14th Security Forces Squadron; Timothy Vidal, 14th FTW; to staff sergeant: Edward Donaher, 14th SFS; to master sergeant: William McKeon, 14th Contracting Squadron; Darryl Robinson, 14th FTW; John Schopper, 14th CONS. Not pictured are:

To master sergeant:

Clayton Miller, 332nd Recruiting Squadron

To senior airman:

Lakeeia Greene, 14th MDOS; Christopher Hassan, 14th

SFS; Christopher Phillips, 14th SFS; and James Wells, 14th Civil Engineer Squadron

To airman first class:

David Allen, 14th OSS; and Adonna Scarbrough, 14th OSS



2nd Lt. Jennifer Moore

A fashionable model shows off her costume made from recycled materials during last year's Recycle Fashion Show. The next show is at 1 p.m. Nov. 15 at the Leigh Mall. Public is welcome.

to sign up, please contact Ms. Howell at Ext. 7406 or Miranda Brannon at Ext. 7310.

Local talent takes stage in AF family, teen talent show

Airman Cecilia Rodriguez
Public affairs

Columbus AFB performers seized the stage at the youth center for the Air Force Family and Teen Talent Contest Saturday.

Participants were filmed during their performances, and the winners' tapes will be submitted for an Air Force-wide competition.

If chosen, they get the chance to win savings bonds and may get to appear in the "Tops in Blue" Air Force show when it comes to Columbus AFB again.

The competition featured seven participants in five different categories.

The Berquist family accounted for four of the contestants and placed in three categories.

Cheryle Berquist and daughter Katie Berquist, 6, performed "Meadow Minuet" on the guitar and won the parent and youth team category.

Ironically, their competition included a family member. Ms. Berquist and her son G. Gordon Berquist, 5, performed an instrumental French folk song duet.

"The competition was great because the performers really put their all into it," said Andrew Pace, youth center volunteer and master of ceremonies. "I was master of ceremonies for last year's competition, and the turn out for this year was even better."

The children solo or group act category (ages 3 to 5) featured G. Gordon playing "Rigadoon" on his guitar, and Skye Berquist, 3, performing a rendition of "Twinkle, Twinkle Little Star" on her violin. Skye's performance won the category.

Katie Berquist won the children solo or group act category (ages 6 to 8) with another performance on her guitar.

Ten-year-old Catalina Orrego sang "La Mochila Azul" and stole the preteen individual act category (ages 9 to 12). Her competition was Suriah Blanch, 10, who per-



Airman Cecilia Rodriguez

Catalina Orrega, talent contest participant, sings "La Mochila Azul" at the youth center.

formed a spiritual dance. She won last year's preteen category contest.

DeRonne Floyd played "Seek Ye First" on his keyboard and took the final category, the teen individual act (ages 13 to 15).

"I'm really supportive of my son's interest in extra-

curricular activities at the youth center," said Ollie Floyd, DeRonne's mother.

"I think activities like this are important because they provide great learning experiences, help develop self-confidence and encourage kids to practice their talents," Ms. Floyd said.

ENLISTED (Continued from Page 1)

❑ Mess dress jacket and trousers with blue striping, matching in shade and material

❑ White button-down, dress-type material and collar, plain or pleated front

❑ White, blue or black suspenders, but they will not be visible

❑ Blue satin bow tie

❑ Blue satin cummerbund

❑ Black oxford low quarters and black socks

Women's semi-formal uniform items include:

❑ Service coat and skirt, matching in shade and material

❑ White long-sleeve button-down shirt

❑ Blue inverted tie tab, blue or black satin crescent tie tab

❑ Belt with silver tip and buckle

❑ Heels and pantyhose in neutral, dark brown, black, off-black or dark blue shades

Women's mess dress uniform items include:

❑ Mess dress jacket and ankle-length skirt, matching in shade and material

❑ White button-down shirt with ruffles

❑ Blue satin, crescent-shape tie tab

❑ Cummerbund

❑ Heels and pantyhose in neutral, dark

brown, black, off-black or dark blue shades

The social period starts at 6 p.m., and dinner is served at 7 p.m. The menu includes flank steak with roasted peppers and onions with a burgundy peppercorn sauce or herbal crusted chicken breast with alfredo sauce, and sides of potatoes au gratin, Italian vegetables, rolls and a tossed salad with ranch dressing. Dessert is caramel pecan cake, and beverages include tea, coffee, water and one wine carafe per table.

Senior NCO tickets are \$13, NCO tickets are \$10 and airman tickets are \$8.

A photographer is available during the

social for anyone interested in pictures.

Servicemembers may sign up for childcare at the child development center and youth center by Nov. 12. To register children six weeks to five years old, call the CDC at Ext. 2479. To register children in kindergarten through sixth grade, call the youth center at Ext. 2504.

Participants are also encouraged to bring about \$10 in \$1 bills to partake in the grog bowl festivities.

Those interested in attending the dining-out should sign up through their first sergeant.

For more information, call Senior Master Sgt. Wolfe at Ext. 2021.

Reservists need more than USERRA; employers need more than gratitude

Tech. Sgt. Rebecca Roady
Individual Mobilization Augmentee



Civilian employers of Air National Guardsmen and Air Force Reservists recently received thanks from the secretary of defense, awards from Employer Support of the Guard and Reserve, and special pins from Your Guardians of Freedom. Hearing or reading the accolades, you'd think the nation's businesses are patriotic martyrs doing all they can to help their mobilized employees. In reality, many are not even complying with the Uniformed Services Employment and Reemployment Rights Act, or USERRA.

In all fairness, many can't.

Since 9-11, I've been in uniform serving backfill more days than I've been in my classroom as an

English teacher. When the same principal who wrote glowing evaluations of my performance failed to renew my contract after the 2001-2002 school year, the union balked, but I understood. So instead of fighting to stay where I had become a disappointment, I began looking for a school that shared my priorities.

I received two offers of employment for 2003-2004 from principals who were well aware of my Reserve status. I accepted the position with the school that further promotes military service with an acclaimed JROTC program.

Before my first semester ended, I was called to duty at Randolph AFB, Texas, then Luke AFB, Ariz., then Fort Meade, Md. And again, despite excellent performance evaluations, my civilian teaching contract was not renewed.

Both principals had rightly concluded that our students deserve better than substitute teachers half the year. Schools, like many small companies, are hard-

pressed to conduct business-as-usual when even one staff member is out. Holding his or her job is a hardship; maintaining his or her benefits is impossible.

Perhaps in addition to recognizing those employers who can afford to support citizen airmen, the Guard and Reserve should also look at ways to help its own.

Medical care is a reasonable place to start. For those of us who must forfeit our civilian health insurance when we're on active duty, medical care provided only during our military tour is an unfair trade. We end up without coverage for three months after we return to civilian life and apply for reinstatement — even longer if any pre-existing conditions are on record. Many guardsmen and reservists have no civilian medical insurance to begin with. Nevertheless, we're all expected to maintain the same health and fitness standards as our active duty counterparts.

See RESERVE, Page 5

STRAIGHT TALK LINE

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Messages are answered in the Silver Wings without names.

Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724.

People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main website at www.columbus.af.mil.

Questions and answers will be edited for brevity.

Thank you to aerospace physiology

Comment: I would like to pass a special "thank you" to the team at aerospace physiology. I recently received an altitude chamber check ride for a possible assignment, and I was very impressed at the professionalism and outstanding support everyone there gave me. They didn't have a class scheduled for the time I needed; yet they set aside two days out of their busy schedule for me. During the class, several instructors took the time to ensure I fully understood all aspects of operating in high altitude conditions and the effects it has on the body and mind. I wished I could name them each personally, but

I would hate to leave someone out. Again, I would like to express my gratitude for being a first class operation.

Reply: I'm glad you had such a positive experience with our APU. They are indeed a very professional group of airmen who do an outstanding job representing the BLAZE team. Their support of the mission of building America's best warriors, leaders, and professional military pilots is truly first-class. I will pass your congratulations on to them for a job well done.

Col. Steve Schmidt

14th Flying Training Wing commander

SILVER WINGS

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434-7069, or e-mailed to silverwings@columbus.af.mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

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Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
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Shoppette.....	434-6026

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http://www.afnews.af.mil/internal/survey/survey_index.htm. Thank you!

AETC commander sends Veterans Day greeting

Gen. Don Cook
AETC commander



RANDOLPH AFB, Texas — Throughout the course of our country’s history, countless men and women have dedicated their lives to ensure every American citizen has the right to life, liberty and the pursuit of happiness. These soldiers, airmen, sailors and Marines embodied the motto of service before self and proved

their devotion to their country time and again. From America’s war for independence to today’s war on terrorism, members of the United States military have defended and will continue to defend our fundamental rights. They have given their time, their heart and, in many cases, their lives so all Americans can live free of tyranny. I am proud to count all the members of AETC among those following in their footsteps. This year on Veterans Day, we honor their noble sacrifices and re-dedicate our efforts to preserve peace and enduring freedom in the wake of the challenges and threats of the 21st century. As our soldiers, sailors, airmen and Marines deploy

around the world engaging in the fight against terrorism, those who served before them remain a constant inspiration. They serve as a reminder of the ideals our military lives by and the ideals we have sworn to protect. It is so simple a phrase — duty, honor, country — but it means so much to so many throughout our country’s history. Let us pause to honor the men and women who served and those who continue to serve our United States Tuesday. To those veterans, past and present, I salute you. *(Editor’s note: Check out Page 18 for some Veterans Day activities.)*

RESERVE (Continued from Page 4)

Allowing us to buy TRICARE health insurance, just as we do United Concordia dental insurance, would mutually benefit troops and the military. Honest representation of tours is another reasonable change. Orders that are essentially consecutive should be written as such. One-day or weekend buffers deprive guardsmen and reservists of the military benefits that accompany long tours. The “time off” also deprives us of unemployment benefits when we return to civilian status because short tour military income is excluded from the base period earnings used to calculate unemployment benefits. A civilian who works 52 weeks with weekends, holidays and a vacation off

can collect enough unemployment to pay the bills for several months if he or she loses a job. A reservist who works 12 months with just one day off between each gets nothing. Manday limits may somehow save the military money in the short run, but they also create a disincentive for guardsmen and reservists to volunteer, which hurts the mission in the long run. A stationary target is the last suggestion I’ll offer here. The new inactive-duty-for-training (IDT) and unit training assembly policy implemented Oct. 1 nullified schedules that units projected and reservists set aside a year ago. Units must now establish, by month’s end, new dates that match the

revised criteria rather than anticipated manning shortfalls or optimal training opportunities. Businesses already struggling to compensate for employees deployed to war will have to rework their vacation and production schedules to release employees merely drilling. The guardsmen and reservists, especially the individual mobilization augmentees, will bear substantial financial burdens to comply with the new policy. Many of us are assigned to bases several states away from our homes. When we accepted our positions, the policy allowed us to perform all of our drills (for which travel expense is not reimbursed) together with our annual

tour. Under the new policy, we must report to our bases at least quarterly. The reason(s) Air Reserve Personnel Center changed the rules mid-game may have been logical and compelling, but the manner in which they were implemented will surely hurt morale and retention. Other guardsmen and reservists would no doubt cite completely different ways in which the military can better support its part-timers. But few, I believe, would require more of their civilian employers. So while it’s well and good to reward and recognize bosses and businesses that go the extra mile, let’s not allow Uncle Sam to defer to them his share of responsibility for our welfare.

19th Air Force Command Chief Up close and personable

Airman Alexis Lloyd
Public affairs

“My philosophy is ‘frustration stays low when the knowledge level is high,’” said Chief Master Sgt. Timmothy Dickens, 19th Air Force command chief, during a visit to the 14th Flying Training Wing Oct. 29 to Oct. 30. The chief said it’s “all about communication.” “Enlisted members must know what is going on in the Air Force, have an understanding of their respective roles and take advantage of every opportunity they have to improve personally and professionally,” the 19th AF command chief said.

New fitness program

“Most of the younger folks aren’t as active as we were years ago,” he said. “I believe this is because advances in technology require us to do less physically, and many young people would rather play video games than actually participate in fitness programs.” People have to make their own personal commitment to fitness, the chief said.

“You’ve got to know that if you change your lifestyle, change the way you look at exercise and fitness, then its going to be good for you,” he said. “And if you need help then that’s what the program is designed to do. We’re all working toward the same goal — and that goal is fitness.”

Deployments

Some other commands may have a heavier deployment schedule, but Chief Dickens said he thinks the Air Education and Training Command is closing the gap. “AETC has leaned forward, and we are doing our part for many of the different operations that are going on throughout the world,” he said.



Airman Cecilia Rodriguez

Tech. Sgt. Jody Edwards, 14th Mission Support Squadron and honor guard NCOIC, talks to Chief Master Sgt. Timmothy Dickens, 19th Air Force command chief, after an honor guard demonstration for the chief.

“I think we have proven we’re very capable warriors assisting in a war on terrorism and our people are performing shoulder-to-shoulder with those of other commands — guaranteed.”

Columbus AFB

Chief Dickens had only compliments for Columbus AFB and its people. “The folks here at Columbus are awesome,” he said. “Even with the aggressive flying mission you have,

intense support requirements and small enlisted population, there’s a sense of commitment here that I wish I could bottle up and take to some of the larger units.” The chief said people here understand what commitment is all about. “I wouldn’t hesitate to use Columbus as an example, to say ‘If you want to see how it’s done right, come to Columbus.’”



Air Force recruiter
Tech. Sgt. William Shuttleworth
2321C Hwy. 45N — Columbus, MS 39705-1715
(662) 241-5811



AT THE CHAPEL

Catholic

Sunday activities:

9:15 a.m. — Mass
10:30 a.m. — CCD
5 p.m. — Confessions
5:30 p.m. — Mass
Wednesday
11:30 a.m. — Mass

Protestant

Sunday activities:

9 a.m. — Sunday school
10:45 a.m. — Traditional worship
1 p.m. — Contemporary worship
Tuesday
Noon — Lunch and Bible study
Wednesday
5:30 p.m. — Dinner and Bible study

For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the theater.

Today

“The Rundown” (PG-13, adventure violence and some crude dialogues, 104 min.)
Starring: Dwayne Johnson and Seann William Scott.

Saturday

“Underworld” (R, strong violence, gore language, 87 min.)
Starring: Kate Beckinsale and Scott Speedman.

Nov. 14

“School of Rock” (PG-13, for some rude humor and drug references, 108 min.)
Starring: Jack Black and Mike White.

CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories.

Call Airman Boto Best for more information at Ext. 7069.

Weekdays

9 a.m., noon and 2 p.m.
Air Force Television News
Monday through Nov. 14
9:30 a.m., 12:30 p.m. and 2:30 p.m.
College Level Examination Program Tapes:
No tapes due to holiday

FAMILY SUPPORT



Computer programs: Self-paced computer study programs in Word, Excel, Access, PowerPoint, Outlook, Publisher, FrontPage and PhotoDraw are available at the family support center. For more information, call Ext. 2839.

Separating workshop: People who are separating may attend this workshop Nov. 18 to Nov. 20 at the family support center. Seminars include health benefits for retirees, small business development and relocation information. For more information, call Ext. 2839.

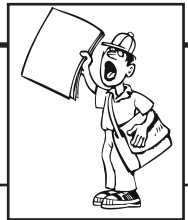
Military Month essay and art contest: Military Month launches in November. In honor of military families, the Armed Services YMCA and Lockheed Martin are accepting essay entries with the topic “Why I Like to Read,” and art entries depicting a student’s military family at www.asymca.org. The Web site provides suggestions for topics, age categories and requirements.

The winner receives a U.S. Savings Bond. Entry forms and requirements are also available at the family support center.

Remote/deployed briefing: Military people who are going remote or being deployed must attend a mandatory briefing offered at 9 a.m. daily.

For more information call Ext. 2794.

BASE NOTES

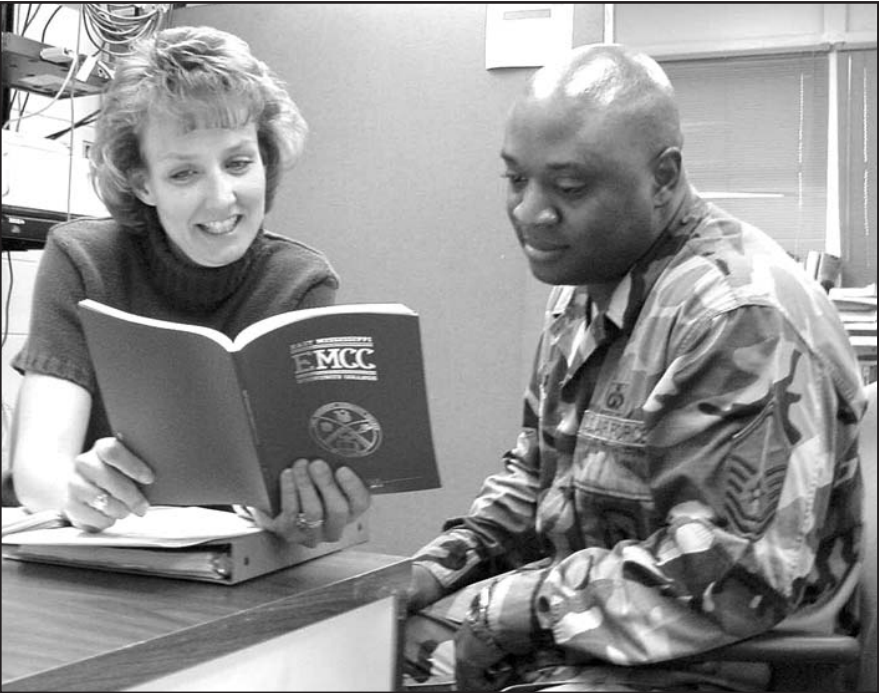


Bible studies: Tuesday lunch study is based on “The Fruit of the Spirit Studies: Overcoming Anxiety and Conflict.”

Wednesday dinner studies include “Wild and Wacky Bible Studies for Children” with Joy Garrison, a study for young adults and a video study for all ages.

For more information call Ext. 2500.

Social: The Columbus Officers’ Spouses’ Club’s monthly social is at



Airman Alexis Lloyd

College pre-registration

Donna Ahlrich, math instructor, goes over class choices for East Mississippi Community College with Master Sgt. Deric Simpson, 14th Operations Support Squadron, at the education center. The base education center offers joint pre-registration from 9 a.m. to 1 p.m. Wednesday for EMCC, Mississippi University for Women and Mississippi State University. Pre-admission counseling and processing are also available. Military students receive 100 percent tuition assistance for higher education. Civil service employees may also qualify for full funding of their courses. Distance learning and on-line courses are available. Many improvements are planned for the base education center in the near future.

6:30 p.m. Nov. 18 at the Columbus Club. The program is “Getting Ready for the Holidays.”

The menu is New England buffet and is \$11. Club members get a \$2 discount. New members are welcome. People must register by noon Tuesday.

For more information or reservations, call Lisa Davis at 434-8723 or email airtex60@yahoo.com.

Commission briefing: A mass commissioning briefing is from 9 to 11 a.m. Nov. 18. To sign up or for more information, call Ext. 2562.

Tuition assistance: Appropriated-fund civilians working for the Air Education and Training Command can now receive financial support for higher education under the Civilian Tuition Assistance Program.

The CTAP funds 100 percent of tuition costs, not to exceed \$250 per semester hour.

There is a cap of \$4,500 per year per student (depending on availability of funds).

SCOUTING CORNER



Girl Scouts: Regular meetings for girls in kindergarten through grade 12 are at 5 p.m. Mondays at the youth center. A trip is scheduled to “Music Mania” Nov. 15 in Starkville. A mother and daughter sleepover is Dec. 3 at the youth center. For more information call Ext. 2504.

Cub Scouts: Regular meetings for boys ages 7 to 10 are at 6 p.m. Mondays at the Columbus AFB chapel. Anyone interested in joining or helping with the Cub Scouts, call Ext. 3569.

Boy Scouts: Troop 52 welcomes new members ages 11 to 17. Scouts should meet at 8:15 a.m. Nov. 8 at the front gate for the University of Alabama-Mississippi State University game party. For more information, call 343-5362.

Variety of leisure time activities available to base

Catfish buffet: The Columbus Club offers an all-you-can-eat catfish buffet from 11 a.m. to 1 p.m. Fridays. Cost is \$5.95 for members and \$7.95 for nonmembers.

Customers may still order off the ala carte menu. Call Ext. 2490.

All-ranks brunch: The Columbus Club offers this brunch from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$8.95 for members and \$10.95 for nonmembers. Call Ext. 2489.

Native-American book display: The base library offers a book display of Native-American books and bibliographies. Call Ext. 2934.

Veterans day holiday hours: The following Services division activities will be open Tuesday; bowling center from 11 a.m. to 6 p.m., Cardinal Inn dining facility from 9:30 a.m. to noon and 5 to 7 p.m.; fitness center from 10 a.m. to 6 p.m.; auto hobby shop from 10 a.m. to 8 p.m.; Whispering Pines Golf Course from 7 a.m. to dusk; and Magnolia Inn Lodging Facility open 24 hours per day. All other services activities are closed.

Midnight movie marathon: The youth center offers this program for children ages 9 and older from 10 p.m. to 2 a.m. Nov. 15. Cost is \$5 per person and a late night meal will be served. Register by Wednesday at the youth center. Transportation for all youth must be coordinated with staff at the time of registration. Call Ext. 2504.

Crafts classes: The skills development center offers youth and adult classes each month. Participants must register at least four days in advance to ensure all supplies are on hand.

Youth classes are offered at 11 a.m., 2:30 p.m. or 4:30 p.m. on the day of the classes.

November classes include making an angel ornament Wednesday and a reindeer votive Nov. 19. Cost for each class is \$4.

Adult classes for November include making a wooden old fashioned Santa for \$28 Nov. 18 or a large or small log candle Nov. 25. Cost is \$13 for the large candle or \$7 for the small. Call Ext. 7836.

NAF Sale: The services division offers a non-appropriated funds sale of furniture items from 9 a.m. to 1 .m. Nov. 12 for

active duty military only and from 9 a.m. to 4 p.m. for all other base people. Items can be viewed at outdoor recreation. Call Ext. 2507 or 7861.

Parents day out: The next parents day out is from 5:30 to 11:30 p.m. Nov. 14 in support of the enlisted dining out. Reservations must be made by Wednesday. Cost is \$3 an hour per child and a nonrefundable \$5 deposit is required when making reservations. Call Ext. 2479.

Disney on Ice: The Tupelo Bancorp South Center offers the Disney on Ice show featuring “Toy Story” at 11 a.m. Nov. 15.

The information, ticket and travel office is offering a trip for the show. Cost is \$25 per person and includes ticket to the show and transportation. The bus will leave the community center at 9 a.m. Call Ext. 7861.

Gourmet night: The Columbus Club offers a four course gourmet meal at 7 p.m. Nov. 15. Cost is \$25 per person.

Dinner includes grilled shrimp cocktail with a chardonnay wine for the appetizer, mixed seasonal greens with mandarin oranges and feta cheese topped with a raspberry vinaigrette for the salad, her roasted pork tenderloin topped with a Marsala wine sauce served with Julienne vegetables and Parisian potatoes with a Merlot wine for the main entree and praline tulips for dessert.

Make reservations by Wednesday. Must have 25 reservations to offer. Call Ext. 2489.

Free pet sitting classes: The next class is from 10 to 11 a.m. Nov. 17.

Please call the lodging office at Ext. 2373 to register. To establish a pet sitting service on base, people must attend this class.

Mexican lunch buffet: The Columbus Club offers this special lunch buffet from 11 a.m. to 1 p.m. Nov. 19. Cost is \$5.95 for club members and \$7.95 for nonmembers. Call Ext. 2489.

Fish and chips special: The bowling center offers this special from 5 to 7 p.m. Nov. 20.

Cost is \$4.75 per person and includes four fish strips, criss-cut fries, cole slaw, hushpuppies and a small drink. No reservations necessary. Call Ext. 2426.



Pam Wickham

Foul ball

Nick Nichols uses a bat to hit his golf ball during last year’s wacky glo ball golf tournament. This year’s tournament starts at 2:30 p.m. Nov. 22 and includes nine holes of wacky golf and nine holes of golf with a glow in the dark ball. Entry is \$25 for members and \$25 plus greens fees for nonmembers and includes prize fund, glow ball and dinner. Whispering Pines Golf Course also offers a Par Three Tournament Nov. 15. Deadline to register for this tournament is Wednesday. Call Ext. 7932.

Silver Star casino trip: The information, ticket and travel office offers this trip Nov. 21.

Cost is \$15 per person and includes transportation and \$15 in coin. Call Ext. 7861 for reservations.

Youth trip to automobile museum: The youth center offers a trip to the automobile museum in Tupelo, Miss. from 10 a.m. to 4 p.m. Nov. 22. Cost is \$5 per person and includes visiting the museum and the Barnes Crossing Mall. Call Ext. 2504.

Weekly events: Everyday is military identification card night with a 10-percent discount at the Princess Theatre and the Stage Door Coffee House.

Tuesdays are Ladies’ Night with specials all night at the Stage Door Coffee House. Thursdays are Open Mic Nights at the coffee house at 9 p.m. For more information, call 327-6789.

Holiday cheer: Local businesses will hold open houses in Columbus this weekend. This is a special pre-holiday event showcasing new merchandise, both gifts and seasonal decorations. Open houses for Columbus businesses are Saturday and Sunday. Many of the businesses offer discounts up to 25 percent during their open house days, and

free home made refreshments. These business events are open to the public. Silver Wings’ advertisements give details. Other holiday events such as parades, church pageants, ante bellum home tours and more will be announced in coming weeks.

Harvest rummage: The Annual Harvest Rummage Sale is from 8 a.m. to noon Nov. 8.

The location is to be determined. All the money raised is donated to the Humane Society. Participants may sell clothes, old items, baked goods and crafts. Tables are \$10 to rent. For more information, call 329-7240 or 241-6696.

Radio show: In honor of Veterans Day Tuesday,

Mississippi Public Radio will air short interviews on military aviation all day. Several Columbus AFB pilots, maintainers and aviation physiology experts were interviewed for this program. MPR, airing from Jackson, is found at FM 89.9 on the radio dial.

Diabetes walk: The second Mississippi’s Walk for Diabetes is Nov. 9 at Propst Park in Columbus. Registration begins at 1 p.m. followed by the Ugliest Sneaker Contest and Walker Welcome featuring this year’s Faces of Diabetes honorees. Every walker who crosses the finish line is awarded a victory medal along with lunch and entertainment.

To sign up to walk or find out how to sponsor a walker, call Ext. 2236.

Training for 1.5 mile run: How to start

Anthony Cook
Exercise physiologist

Preparation is important for the new Air Force Assessment, especially the 1.5-mile run.

You will need the following equipment to begin training:

☐ Shoes designed for running and that are less than six months old.

☐ Loose fitting clothing or clothing that moves with you; layer clothing during cold weather.

☐ Gloves and ear warmers to wear in cold weather.

Every person should consider his or her current fitness status. If you’ve already begun training, you’re ahead of the game.

Choose the correct starting point for you. If you:

☐ Aren’t exercising regularly, start at Week 1, according to the walk/run graph.

☐ Walk and exercise regularly but less than 30 minutes, three times a week, start at week of similar distance you currently walk or exercise.

☐ Walk and exercise regularly more than 30 minutes or more, three times a week, start at Week 4.

☐ Jog or run regularly less than 30 minutes, start at Week 8.

☐ Jog or run regularly more than 30 minutes two or more times a week, look at the running graph to find a suggested running program.

☐ Once you are jogging two to three times a week for at least 30 minutes, your bones, joints and muscles are ready for more intense running workouts. A grassy area or cushioned track is advised to reduce impact stress. You should also continue to run two or three non-consecutive day per week; only competitive runners need to increase frequency to more than three times a week.

During one run each week, try an alternate workout:

☐ Tempo run — After a warm-up, pick up the pace of your entire run until your heart rate reaches 80 percent of its max or your breathing becomes deeper and more through your mouth. If you were a car and you had five gears, the gear for this run would be third. Your normal jogs would be second gear, and a brisk walk would be first gear.

☐ Hill Run — After a warm-up, find a hilly route or use a treadmill with a slight grade three to five percent incline. Run up the hill for about 30 seconds to a few minutes and jog slowly down, or decrease incline on the treadmill, and repeat sequence for a total of 30 minutes. You might feel like

you’re in fourth gear going up the hilly portion as heart rates climb to 85 to 90 percent of its max.

☐ Interval workouts — After a warm-up, try periods where you accelerate to a fast speed for 10 seconds to a few minutes, then slow down to a slow jog for a similar time frame or distance then repeat for a total of 30 minutes. You should also vary the interval distances periodically. The gear used for each interval should be about fourth gear with heart rate reaching near 90 percent of its max.

Don’t forget to practice push-ups and sit-ups; they’re part of the fitness test, too. They should be performed every other day to allow the muscles time in between strength workouts to recover; this is when the muscle becomes stronger. Run for speed once a month to track your decreasing 1.5-mile time.

Remember, the new AF Fitness Program is about being fit, not just the 1.5 mile test. The goal is to exercise aerobically three times a week and perform strength exercises at least twice a week.

If you need assistance with your fitness program or to get ready for the new Air Force fitness test, call the health and wellness center at Ext. 2477 or e-mail HAWC@columbus.af.mil.

Initial Training: Walk/Run

Week #	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Walk	15 min	15 min	Off	15 min	15 min	Off	15 min
2 Walk	20 min	Off	20 min	20 min	Off	20 min	20 min
3 Walk	25 min	25 min	Off	25 min	25 min	Off	25 min
4 Walk or Walk/jog	30 min walk	Off	5/1 for 30 min	30 min	Off	5/1 for 30 min	Off
5 Walk/jog	4/1 for 30 min	Off	4/1 for 30 min	Off	3/1 for 30 min	Off	Off
6 Walk/jog	3/1 for 30 min	Off	2/1 for 30 min	Off	2/1 for 30 min	Off	Off
7 Walk/jog	1/1 for 30 min	Off	1/1 for 30 min	Off	1/2 for 30 min	Off	Off
8 Walk/jog	1/2 for 30 min	Off	1/3 for 30 min	Off	1/4 for 30 min	Off	Off
9 Walk/jog or jog	1/5 for 30 min	Off	1/10 for 30 min	Off	Jog 30 min	Off	Off

Initial Training: Running

Week #	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Run	2 Miles	Off	2 Miles	Off	2 Miles	Off	Off
2 Run	2 Miles	Off	2 Miles	Off	2 Miles	Off	Off
3 Run	Cross-Train	Off	Cross-Train	Off	Cross-Train	Off	Off
4 Run	3 Miles	Off	3 Miles	Off	3 Miles	Off	Off
5 Run	2 Miles	3 Miles	Off	4 Miles	2 Miles	Off	Off
6 Run	2 Miles	3 Miles	Off	4 Miles	2 Miles	Off	Off
7 Run	3 Miles	4 Miles	Off	5 Miles	2 Miles	Off	Off
8 Run	3 Miles	4 Miles	Off	5 Miles	2 Miles	Off	Off
9 Run	3 Miles	4 Miles	Off	5 Miles	2 Miles	Off	Off

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

SHORTS

Indoor soccer registration

Indoor soccer registration lasts until Dec. 15. Cost is \$25 for players.

Participants must have a current physical on file or obtain one prior to the start of the season. A late charge of \$10 will be assessed if signed up after Dec. 15.

Volunteer instructors are needed. Call Ext. 2503.

Defender challenge

The first-ever Defender Challenge Golf Tournament begins with a shotgun start at 12:30 p.m. Nov. 7.

The format for the tournament is three-person wacky

scramble. Entry fee is \$8 for members and \$15 for non-members, and carts are extra.

The field is limited to the first 18 paid teams. Gift certificates are awarded to the top three teams.

Door, closest-to-the-pin and long drive prizes are also awarded. For more information or to sign up, call Ext. 7125 or Ext. 7148.

Adult nine-pin no-tap

The adult nine-pin no-tap tournament is scheduled for 7 p.m. Nov. 7. Sign up by 6:30 p.m. Entry is \$10 per person. For more information, call 434-6723.

Flag football standings

The following are the intramural standings as of Wednesday.

Teams	Wins	Losses
14th OSS	6	0
Tweets	6	1
14th CES #2	5	1
48th FTS	5	2
14th CES #1	4	2
14th CONS	4	3
14th SFS	4	4
14th CS	3	4
14th MDG	3	5
14th MSS	0	18